

Schedule - Dates to Remember

October: Pre-Season Schedule

October 26, 2015 - Monday through Thursday: pool- swim team 6:30 - 9:00 pm, lap swim 9 - 9:45, fitness center- 6:30 - 9:30 pm, Smash Volleyball Mon/Tues/Wed - Full Court Thursday in Competition Gym.
October 1, 2015 - Registration for all programs begins-www.activityreg.com
October 26, 2015 - Newton Swim Team Tryouts - all members and previous members
October 15, 2015- Full Court Basketball Begins Session 1
October 13 2015— Smash Volleyball Boys - practice: begins until Thanksgiving - 7:00-9:00PM
October 20, 2015 - Newton Special Olympic Training Begins-Track 7-8 PM—Swim 8-9 PM
October 25, 2015- Sunday Newton J.O. Volleyball Tryouts 9-3 rest of facility is closed.

November:

Monday through Thursday:- same as October
Pool, S.O.A. Gym and fitness center- same as October
Saturday: November 8 facility open 12 - 6 pm youth basketball, pool opens Noon.
Sunday: November 2, facility open 9am- 6 pm: Volleyball, Pool opens 1PM Lap Swim
November 8 - Afternoon Weekend Programs at North begin regular season schedule
November 11, facility closed Veteran's Day Holiday
November 1, 8, 15 22 2015 - J.O. Volleyball Registration/Tryouts Boys 9 AM-3 PM
November 26, 29— Facility Closed Thanksgiving Break.

December:

December 5, 12 - NNHS Gym closed H.S. Tryouts
December 5, 2015 - full season schedule begins Public assess to pool at Noon Sat, 1PM Sun
December 5 & 6 - First Session Swim Lesson Program Begins
December 23 - January 2 Facility Closed - Winter Public School Break

January:

January 3, 2016 - Facility reopens after Winter Break, pool, gyms, S.O.S., fitness center
January 9, 2016 - Girls High School/Middle School/Elementary School Lacrosse begins 1-6PM
January 3, 2016 - J.O. Volleyball Travel Teams Practice 10-1:00---5-8:00PM
January 7, 2016 - Session 2 Full Court Basketball Program - Program in SOA for H.S. Hoop Season
January 9, 2016 through March 12th Saturdays Little League Baseball with the NNHS Coaches
January 4, 6 H.S. Baseball, January 8, H.S. Field Hockey/Softball Tuesday--7-9:30 PM
January 23, 2016 - J.O. Volleyball Young Athletes Program begins-- Saturday 1-3PM--Gym
January 18, 2016 - Dr. King Holiday Facility Closed

February:

February 6, 7, 2016 - End of First Session Swimming Lesson Program unless there are makeup
February 15 - 18, 2016 - Facility Closed Public School Vacation Week
February 27, 28, 2016 - Second session swimming lessons begin

March:

March 5, 2016- Kevin Clancy/Yellow Cab Special Olympic Basketball Tournament
March 12 & 13 No Swimming Lessons - Staff competing in Championship Meet
March 26, 27, Facility Closed Easter Weekend

April:

April 18 - 22 -Facility Closed Public School Spring Break
April 30, May 1- Final Weekend of operations for North Indoor Recreation

May:

May 2, 2016- late season schedule begins- times are the same as October
May 12, 2016- Programs ended for the year- Facility closed for the season

Schedules can be viewed at: www.newtonma.gov/parks



Swim Team



Fitness



Basketball



Lacrosse



Field Hockey



Lap Swim



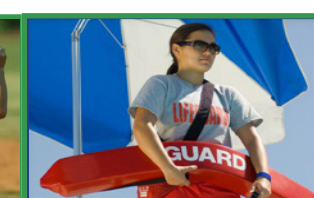
Swim Lessons



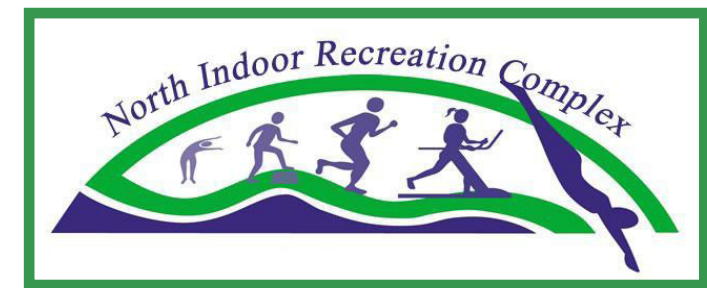
Volleyball



Baseball



Lifeguard Training



North Indoor Complex Newton Recreation

Fitness, Swimming, Sports Activities,
and Sports Clinics
2015-2016

246 Dudley Road
Newton, MA 02459
617-796-1500

**Facility Hours: Monday through Thursday 7PM-9:45PM
Weekends: Saturday 12PM-6PM and Sunday 1PM-8PM**

All use is program oriented, you may register
on-line at www.activityreg.com
or you can register in person at the facility
Monday through Thursday after 7 PM,
but use is restricted to participants of a program.
DROP-IN RECREATION WILL NOT BE ALLOWED

Setti D. Warren, Mayor
Robert J. DeRubeis, Commissioner
Thomas F. Cahill, Facility Manager

http://www.ci.newton.ma.us/gov/parks/indoor_recreation_centers/north/reg.asp



NEWTON SWIM TEAM DUAL MEET SCHEDULE 2015-2016 PRACTICE
 Swimmers must be able to practice at their assigned age group time, the team is too large to change practice times around.

TEAM COMMITMENT
 Every swimmer who is a member of the team is required to swim in at least 5 dual meets and the Championships they qualify for at the end of the season. If a swimmer can not make this commitment to the team please do not register leave the space for someone that can make the team commitment.

HOME MEETS - Please be at the pool 15 minutes before each warm up time listed and be ready to swim. Bring Two Towels, and sandals/flip flops to walk from the gym to the locker rooms. Dry off after leaving the pool area and walking back to the gym waiting for your next event. There is to be no barefoot travel from locker rooms to gym and you must be dry to prevent making the corridor slippery

AWAY MEETS - We have the use of one City van for away meets. We are able to transport 8 swimmers. If you need a ride, please email us at least 48 hours in advance. We meet at NNHS Walnut Street main entrance at a designated time. We ask that all parents please do your fair share of driving. At away meets, no swimmer should enter the pool until a Newton coach arrives. Please be at the pool ready to warm up at the noted time.

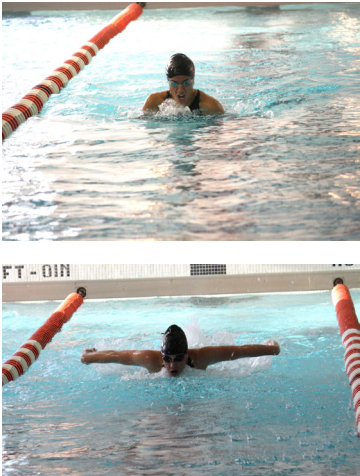
CANCELLATIONS—The City will tweet any cancellations due to weather and post on the city calendar link the schedule for opening and closing is posted. **Follow us @newtonaquatics**

POOL ENTRANCE --The entrance to the North Indoor Recreation Center is the athletic entrance by the tennis courts. Use of any other entrance to the facility is discouraged, we have been asked to tell our users to use this entrance only, please honor the request. Parking is allowed on the walnut street parking lot or on Hull Street, (entrance from hull street is at the bottom of the steps). Parking (even live) is prohibited in the circle at the front of the school this is drop off only
 Home Swim Meet Schedule - Pool is closed to public for home Swim Meets:
 Saturday December 5 - . Norwood @ Newton start time 2PM Warmup
 Sunday December 6 - Newton @ Belmont 12:30 PM Warmup
 Saturday December 12 - Newton @ Westwood Start time 2:30 PM Warmup
 Sunday December 13 - Framingham @ Newton start time 3PM Warmup
 Sunday January 10 - Wellesley @ Newton Start time 2:30PM Warmup
 Sunday January 30 - Newton @ Dedham Start time 3:30PM Warmup
 Sunday February 7 - Newton @ Acton (high school) 11AM Warmup
 Saturday - February 27 Newton @ Brookline 1:30PM Warmup
 Saturday March 5 “B” Champs - Sunday March 6 - “A” Champs TBA.

JOINING THE BLUEFISH:
PREREQUISITE FOR TRYOUTS: Swimmers age 10 and under (age as of November 1, 2015) must be able to swim one length of the pool without stopping and in good form of at least three of the four competitive swim strokes: freestyle (face in the water using rhythmic breathing), backstroke, breaststroke (no scissor kick) or butterfly. Swimmers that are 11 and older (age as of November 1, 2015) must be able to swim two lengths of the pool without stopping and in good form of at least three of the 4 competitive strokes: freestyle (face in the water using rhythmic breathing), backstroke and breaststroke (no scissor kick) or butterfly. New participants may practice for tryouts starting October 13, 7:00-7:45 Monday - Thursday, Identify self as trying out at control desk.
 contact swim team coaches by e-mail newtonswimteam@gmail.com
SIGN UP TO VOLUNTEER
 Our team relies on parent volunteers to help run meets. Please make every effort to help out with as many meets as your schedule allows. Volunteering at meets is a great way to meet other parents on the team and see your kids swim up close.
 Please do your part and volunteer to help in at least one meet each season. The coaches and the kids appreciate any help you can give. You can sign up to volunteer by using our online volunteer sign up sheets.



Bluefish Practice Schedule		
October 26 through Nov 24		
Monday		
6:30-7:15 PM	8-under	
7:15-8:00 PM	11/12	
years		
8:00-9:00 PM	13+years	
Tuesday		
6:30-8:00 PM	9/10 years	
Wednesday		
6:30-7:30 PM	8-under	
7:30-9:00 PM	11/12	
years		
Thursday		
6:30-7:30 PM	9/10 years	
7:30-9:00 PM	13+ years	
Nov 30 through March 3		
Monday		
7:00-7:35 PM	8-under	
7:35-8:15 PM	11/12	
years		
8:15-9:00 PM	13+years	
Tuesday		
7:00-8:00 PM	9/10 years	
Wednesday		
7:00-7:50 PM	8-under	
7:50-9:00 PM	11/12	
years		
Thursday		
7:00-7:50 PM	9/10 years	
7:50-9:00 PM	13+ years	



Basketball

Full Court Basketball

The Recreation Department full court basketball program at Newton North High is for adults only. Pre registration is a requirement. Only those participants registered in the program will be allowed into the gym. Program is held on Thursday nights beginning October 11 from 7:30 PM to 9:30 PM Maximum of 40 participants will be allowed
 Session 1-October 15 to Dec 17
 Session 2-Jan 7 - Mar 17
 Session 3- Mar 24- May 12



Entry Level Boys Gymnastics

This season we are starting an entry level gymnastics program for boys. The program will be held at NNHS on Monday nights from 7-8PM. cost: \$20.00 per person. Instruction will given by NNHS Boys Gymnastics Coach bill Martin and members of his second place state gymnastics team. This program is open to all boys and girls in elementary school through middle school, as well as any high school freshmen, emphasis is boys equipment

Registerat:www.activityreg.com
FULL COURT BASKETBALL PROGRAM PARTICIPATION LIMITED TO ENROLLED PARTICIPANTS ONLY.



Special Olympic Swim Team

Newton Parks and Recreation Department will offer a special Olympic Swim Team Activity. Registration is through the Newton Parks and Recreation Therapeutic Recreation Department contact Mark Kelly at 617-796-1528 or Karen Peirce at 617-796-1529
 or email at mkelly@newtonma.gov



Fitness Center

Fitness Center Activities
 If you prefer use of our Fitness Center for your exercise routine we have set aside times dedicated to activity. We will have 3 sessions through the year each with approximately 45 hours of time available to you in each session.
 Monday - Thursday 7:00-9:30PM
 Saturday from 1PM to 5 PM
 Sunday from 1PM to 5 PM
 Session 1 - October 13 - December 17, 2015
 Session 2 - January 4 - March 12, 2016
 Session 3 - March 13 - May 12, 2016
Fee: will be \$50.00 each session or Supersession of \$125.00 for all three sessions
Other Fitness Opportunities:

Lap Swimming - This activity will run in three session blocks at same time as the Fitness sessions and the same pricing structure.
 Walking/Jogging on Track - This activity is restricted to participants in other registered activities such as Fitness Center and or Lap Swimming. If walking or Jogging is something you desire we do have some limited times when there are no other activities in the S.O.A. Center. Generally this activity is limited to October through Thanksgiving Weekend April 1 through May 12, 2016 when we close for the season.
 Free activity to members of other registrations.

Smash Volleyball Program

Travel Volleyball

Smash Volleyball is one of the oldest Junior Volleyball programs in the New England Area. Smash trains and enters teams in the NE Region USAV Juniors Competition. Smash Players train and compete in their own age groups. Travel Teams are selected based on performance at the open competitive tryouts for the Travel Program. Smash Travel Team Philosophy: Smash treats all players as serious athletes and expects commitment, respect, effort, reliability and adherence to all policies.

League and Skills Program

This Program is designed primarily for High School Players. The goal of the program is to give solid instruction in all skills and many days of competition. The League and Skills Program is a no cut program. Format for the program is alternating weekly from intensive instruction to competition. Everyone plays and participants may even form their own teams.

Young Athletes Program

The goal of the young Athlete program is to introduce the sport and train the participants in the basic skills to enable them to participate at a higher level of skills. All drills and competition will be age appropriate. This is a great program with energetic friendly coaches that have a great deal of experience with volleyball

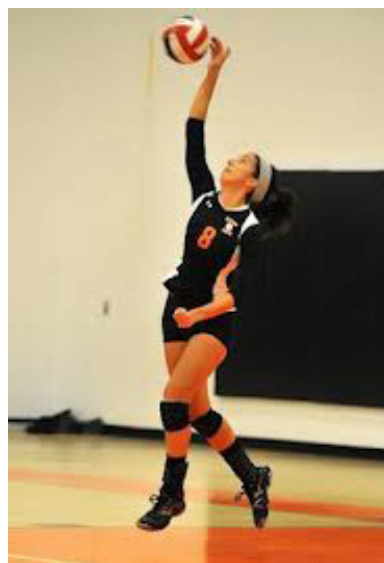
All registrations handled by SMASH VOLLEYBALL.



SMASH VOLLEYBALL

J.O. Tryouts- November 4, 2015 for 17/18 year olds 10AM-8PM
J.O. Tryouts-November 11, 2013 for 14/16 year olds 10AM-8PM
Introduction to Volleyball for grades 3 - 8 COED cost \$40.00
February 2 & 9 (Saturday 1-2:30PM)

Development League begins Feb 2 2015 Sunday 10AM-2PM
J.O. Tryouts Call Back Nov 17 & 24th 2015 1-3PM (Saturdays)
Tournaments to be announced
Registration Information, forms and times also available
WWW.SMASHVOLLEYBALL.COM



Elementary and Middle School Volleyball Program

Learn the basics of power volleyball from experienced and certified coaches, who have a great attitude, work well with young athletes and have tremendous energy to conduct a fun learning experience.

Fee: check with smashvolleyball
Registration is with Smash Volleyball at:
www/smashvolleyball.com
Classes on Saturday 1PM to 2:30PM

Lacrosse

Youth Indoor Lacrosse- Sunday

In conjunction with Newton Parks and Recreation, Bussy Adams Lacrosse Clinic program will once again have two offerings this winter. 9-12 yr olds and 13-16 yr olds. Pre-registration is a requirement with Bussy Adams.
tigerlax34@verizon.net



High School Boys Lacrosse— Sunday

Sunday evenings beginning January 3, 2016 in the S.O.A. Of the Newton North Indoor Recreation Center High School boys will be preparing for the Spring Lacrosse season with drills and indoor game play.

Cost : will be announced
Pre-Registration is a requirement with Bussy Adams- Form is contact on line at:
tigerlax34@verizon.net

Girls Lacrosse—Saturday

Winter Warm-up clinic in the S.O.A. on Saturday afternoons from 1:00 PM to 3:00 PM. Middle School grades 7-9 at 1 PM and H.S. grades 10-12 clinic from 2PM-3PM

January 9, 2016 - March 5, 2016

Cost: \$TBA

Registration at: Newton Girls Lacrosse

Midge Connolly will run Elementary Introduction to Lacrosse Saturday's 3:30PM to 5:30PM exact ages TBA.

Sunday Youth Lacrosse

For boys ages 9-15
Time: 3PM to 8PM
Registration: tigerlax34@verizon.net

Baseball

Baseball Hitting Clinic

January 4, 2016 through March 11, 2016
Monday & Wednesday nights 7PM-9:30PM
nights 7PM until 9:30 PM
Coach Ed Lee will be supervising our annual get ready for Spring Baseball Hitting Clinic High School Students
Pre-Registration is a requirement.
Cost: \$60.00 per participant
Registration at: www.activityreg.com

Little League Hitting/Throwing

January 9th through March 12th
Newton North coaches will be offering a Little League age hitting and fielding warm-up in the SOA at the facilities at NNHS
Registration at www.activityreg.com
Payment to: Thomas Donnellan
Cost: \$125
Time: 10 one hour sessions,
Saturdays 3:00-4:00, 4:00-5:00 or 5:00-6:00 only 1 session per person

Questions to
thomas_donnellan@newton.k12.ma.us
Scholarships available, no one will be turned away



Softball

Softball Hitting Clinic

The Newton Parks and Recreation Department will be sponsoring a Spring Warm-Up for high school girls softball players at our Indoor Recreation Complex, Located in the Facilities at the Newton North Indoor Complex. The Program will be supervised by Lauren Baugher, head varsity softball coach at Newton North High School.
Dates: January 5, 2016- March 8, 2016
Tuesday night 7PM-9PM
Cost: \$50.00 per participant
Equipment: participants need their own bat, glove and helmet



Swim Lessons

Program Overview:

The American Red Cross is pleased to announce the release of a newly revised and improved Swimming and Water Safety program that provides an increased emphasis in the areas of drowning prevention and water safety and emphasizes an inclusive approach to swimming and water safety. The program continues the proud tradition of teaching people to swim and be safer in, on and around water. In addition, the program includes courses for all age groups and varying abilities, as well as a variety of courses and presentations to help teach all age groups how to enjoy the water safely and how to stay safe in the event of an emergency. Included are new tools, such as newsletters and achievement cards for each level, to assist with better and more proactive communication with participants, parents and caregivers.

Highlights:

An increased emphasis on water safety and drowning prevention as the basis of swimming and water recreation.

New placement and distribution of the skills throughout the Learn-to-Swim levels to help reduce bottlenecks and optimize skill acquisition.

New, up-to-date diving techniques and progressions, including a revised approach and takeoff. The most current biomechanics concepts and stroke descriptions.

Three new swim levels specifically designed for the developmental needs of preschool-age children so they achieve success.

New content to help Water Safety instructors improve their teaching skills and better serve participants of varying ages and abilities, including those with disabilities.

Cost: \$60.00 Residents \$75.00 Non-Residents

American Red Cross Course Offerings:

Preschool Aquatics (offered to children 4/5 and toilet trained)

The purpose is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children.

Learn-to-Swim (6 levels) **Must be 6yrs or older**

Level 1: Introduction to Water Skill

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Level 5: Stroke Refinement

Level 6: Swimming and Skill Proficiency

Jr. Bluefish

Personal Water Safety

Fundamentals of Diving

Fitness Swimmer



Course Dates:

Session 1 - December 5, 2015 through February 7, 2016

REGISTRATION BEGINS 10/1/15

Lesson Schedule 2016

Session 2 - February 27 through May 1, 2016

Cost: \$60 residents

\$75 non-residents



Water Jogging

Water jogging more to your liking? We will allow water jogging in the deep end of the pool during lap swimming time, we can assign one or two lanes strictly to water jogging activities.

Register for the Lap Swim Program at www.activityreg.com

Fee: \$50.00 per session

Adult Lessons

Adult Learn to Swim Lessons

We offer Adult swim Lessons on Sunday morning from 12:00 Noon until 12:35

Cost: \$60.00 for the 8 lesson session

Registration Begins October 1, 2015

www.activityreg.com

Water Safety Instructor Course

Water Safety Instructor Course

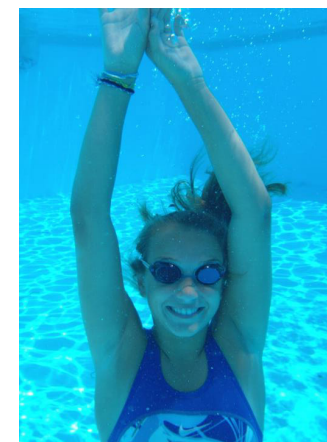
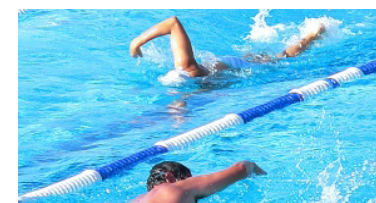
The American Red Cross Water Safety Instructor course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program by developing their understanding of:

- How to use the course materials
- How to conduct training sessions
- How to evaluate participants' progress
- How to plan lessons
- How to consistently deliver course content
- New minimum age prerequisite of 16 years of age to enter the course
- Hands on experience working with children in a real pool setting
- Shortened course time of approximately 30 hours (including pre-course session)
- Fee includes Fundamentals of Instructor Training course prerequisite
- You must be a minimum of 16 years old by May 1, 2016

Cost:

\$200 resident

\$220 non resident



Lifeguard Training

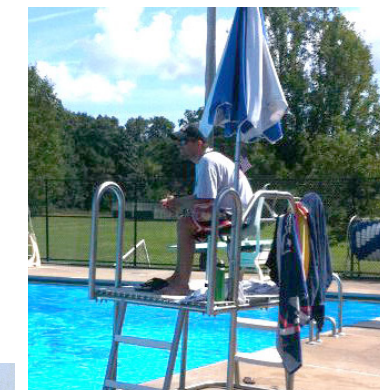
Lifeguard Training Course

Do you have what it takes to become a member of this highly trained profession? The rewards are great and there are many summertime and seasonal jobs out there for the trained individual.

Register at: www.activityreg.com

Cost: \$200 Residents

\$220 Non Residents



Lap Swim Program

If you prefer Lap Swim/Water Jogging for your exercise routine we have set aside times dedicated to lap swimming and water jogging. We will have 3 sessions through the year each with approximately 50 days of time available to you in each session.

Monday through Thursday 9:00-9:45PM

Saturday from 12 Noon to 2 PM and 4-5:30 PM

Sunday from 1PM to 3 PM and 6PM-7PM

Session 1 - October 13 through December 18, 2015

No Weekends until December 5, 2015

Session 2 - January 4 through March 10, 2016

Session 3 - March 11 through May 12, 2016

Each session is a separate registration at \$50.00 or you can sign up for Supersession :

all three sessions with a discount to \$125.00

Individual Fee: will be \$50.00 each session

Discount: Join all three sessions: \$125.00

Registration is available on-line at

www.activityreg.com or in person at the front desk of the program center

Registration begins October 1, 2015 and continues throughout the year or until the program reaches its maximum of participation.

